

Mass fractions for nuclear reactions
 $3^4\text{He} \leftrightarrow ^{12}\text{C}$, $2^{12}\text{C} \leftrightarrow ^{24}\text{Mg}$,
for $T_p=1\text{E}+10$ K, $\rho_p=1\text{E}+06$ g cm $^{-3}$

